Ambassadors, leaders

New program will allow cadets unique exposure to culture and diversity

By Amber Baillie
Academy Spirit staff writer

Academy cadets will experience national and organizational diversity in an authentic way this summer.

Eleven cadets will travel to six different countries with the new Ambassadors of Inclusion program and work for top organizations, to learn cultural adaptation, self-awareness and fundamental competencies to prepare them for their careers in the Air Force.

Students will travel to Spain, China, France, India, Guam and Chile and work for IBM, Chindex, Sodexo, Ingersoll Rand and Walmart for four weeks.

“We've negotiated each opportunity for the cadet based on the cadet’s major and interest,” said Dr. Adis Vila, chief diversity officer and AoI creator.

The AoI is a new program that allows cadets to work abroad, outside of the military, and understand how management philosophies are deeply rooted in culture.

Cadets will depart May 23 and spend time with a mentor to learn demographic, cognitive, organizational and structural managing concepts of diversity.

“They're going to have a direct relationship with someone from a different national culture who can help them understand how work gets done in that environment,” Vila said.

See Ambassadors Page 4

Air Force football team visits White House

Falcons earn 2nd straight Commander-in-Chief’s trophy

The Air Force Falcon football team visited the White House Monday to accept the Commander-in-Chief's Trophy from President Barack Obama.

The ceremony, which took place in the East Room, was highlighted by senior Jon Davis presenting the president a No. 18 jersey to represent the number of CIC trophies that Air Force has won. Fellow senior Tim Jefferson also presented a football with scores from the Army and Navy games this season.

The Falcons won their second straight and record 18th CIC trophy title in 2012. Air Force defeated Navy, 35-34, in overtime in Annapolis and beat Army, 24-14, in Falcon Stadium to secure the title. The Falcons went on to finish 7-6 overall and earn a berth in a school-record fifth straight bowl game. Air Force took on Toledo in the Military Bowl on Dec. 28.

The seniors finished their careers with a 32-20 overall record, including a 6-2 mark against Army and Navy. The seniors became just the fourth class in school history to play in a post-season bowl game every year of their careers.
Identity theft: What everyone should know

By Tech Sgt. Yana Miller
Air Force Space Command/PA Public Affairs

Looking at my account balance made me sick to my stomach. The numbers in red print on my bank account ledger indicated I was more than $3,000 in the red. I let out a groan and sank in my chair, not knowing how much more of this nightmare I had to endure.

My identity had been stolen, and no matter how rigorously I attacked this problem, it was not going away soon enough.

I had spent the past week retracing my steps. I tried to put myself into the mindset of this criminal, hoping to glean some idea how I could have contributed to my own misfortune. I was at a loss.

I used strong passwords. I closed all open ports on my wireless home network. I even had notifications sent directly to my email account and phone whenever changes to my account were made. But none of these precautions spared me from this virtual theft. I was confused and stressed in strange and unnerving ways.

There was no way for me to discover exactly how I became a victim of this fast growing crime. But if you think you are immune, I will tell you that up until a week ago, I felt the same way.

According to the Federal Trade Commission, millions of identities were compromised due to the corporate mishandling of personal information. Identity theft can happen to nearly anyone.

In my case, during the span of one week, my insurance account with USAA was hacked, a credit card and two other accounts were opened in my name, and an attempt to open a third account was made at another bank.

The entire ordeal shook my confidence in online banking and made me feel extremely vulnerable. I was even surprised at how my bank authorized an expense transaction to cover it.

The unfortunate reality is that anyone can become the victim of this crime. Even in the safe confines of your home, a determined criminal can bide you and steal your identity.

And, as you think digging through your trash is beneath a thief, think again. In an apartment complex like the one I live in, community trash bins are common depositories of valuable information such as copies of your checks, credit card or bank statements often make its way into the trash. This kind of information often bears your name, address and even your telephone number.

Though I make no claim to be an expert on identity theft or fraud, I can point out some steps I took to protect myself from being further victimized. The first thing I did was notify my bank. After speaking to them and explaining the situation, they gave me a list of helping agencies. I then contacted one of the credit agencies and filed a claim for identity theft — this informed creditors that I was the victim of identity theft so they could better detect suspicious activities done in my name.

Then I contacted law enforcement. After all, identity theft is a crime. The more it gets reported then the more evidence police and investigators have toward solving these crimes.

I’ve learned that it is important to shred everything. Until now, I thought it was good enough to tear up my junk mail. But after this event, I can see that when it comes to protecting your identity, you should take nothing for granted.

If you feel as though you are the victim of fraud or identity theft, contact the local law enforcement to report the incident. If you have questions or require further information regarding criminal issues, visit the FTC’s identity theft website at www.ftc.gov/idtheft.

SCAM ALERT

There are emails being sent to individuals, including military personnel, military retirees, and civilian employees, which appear to be sent by a Defense Finance and Accounting Service employee. Although the email displays a dot-mil address, it is actually from a non-government email account. This is an example of what’s commonly called “spoofing.”

The email indicates that individuals receiving disability compensation from the Department of Veterans Affairs can receive additional funds from the IRS. The email states that such funds can be obtained by sending copies of VA award letters, income tax returns, 1099-Rs, Retiree Account Statements, etc., to a so-called retired colonel at an address in Florida.

These emails are not issued by DFAS and will likely result in a financial loss if you comply with the suggestions in the email.

If you write it, own it

By Maj. T. Allen Heritage
2nd Combat Camera Squadron

HILL AIR FORCE BASE, Utah — Two recent stories on the Air Force’s web page drew significant reaction in the site’s comments section. Both a story on finance fraud and a story on the现状 of flight suits by non-aircrew personnel drove more comments than any story I’ve ever read on the site.

What everyone should know

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This discourse can become heated. That’s OK in my opinion. Comments, even the negative ones, are a means of accountability. If you want to criticize something, have the intestinal fortitude to do so. If you can’t own it, why say it at all?

I recognize the subjectivity of the last sentence. What’s perfect for one person may be perfectly acceptable to another. False’ because the very nature of their comments limits their utility. The angry rant in the comments section rarely inspires real change and usually only serves one person—the one doing the ranting.

I’m not advocating a “If you don’t have anything nice to say, don’t say anything at all” approach. Our business is serious. Sometimes we have to say things that are unpleasant to others. But, as leaders, I think we have the duty to own it. This isn’t just about comments on a web page. It’s about accountability. If you want to criticize something, have the intestinal fortitude to defend that criticism and the manner in which it was conveyed. If you can’t own it, why say it at all?
Last RAF exchange officer departs Academy

By Don Branum
Academy Spirit staff writer

The British are leaving. Only no one is happy to see them go.

Royal Air Force Squadron Leader Martin Harris, the RAF exchange officer to the Air Force Academy, will depart in May for RAF Coningsby, England, where he will command the No. 17 Squadron.

He is the last RAF officer whom cadets will see in uniform, as his departure marks the end of a 55-year exchange program between the Academy and its counterpart, the Officer and Aircrew Cadet Training Unit at RAF Cranwell, England. The Military and Strategic Studies Department here held a farewell ceremony in Harris’ honour April 20.

The exchange partnership began shortly after the Academy itself did: In 1957, at Lowry Air Force Base, Colo., RAF Wing Commander Ian MacDougall, who commanded two Spitfire squadrons in World War II, was the first exchange officer. RAF Air Chief Marshal Sir Robert Freer was the second, followed by RAF Squadron Leader J.A.G. Slessor, the son of Marshal of the Royal Air Force Sir John Cotesworth Slessor. “Slessor wrote a very interesting and in-depth end-of-tour report”, Harris said. “The U.S. Air Force produced a report, and all those connected with it, as one of the greatest experiences of my service career.”

By 1963, exchange officers from four other countries joined the program, including one from France and two from West Germany. England sent as many as four exchange officers to the Academy in the late ’60s and early ’70s, but gradually lowered the number back to one by the time Harris arrived in 2008.

“It’s said for me to bring this opportunity to an end after 55 years”, he said. “The U.S. Air Force reduced the number of exchange officer positions from 48 to 36, and my embassy had to make the difficult choice of which 12 to cut.”

Harris said teaching undergraduates was an “immensely rewarding and challenging job” and that it helps to foster the strategic relationship between the U.S. and England. Harris cited British Prime Minister Winston Churchill’s “Iron Curtain” speech, delivered just after World War II at Westminster College in Fulton, Mo., to reinforce the importance of that strategic relationship.

“The point of an exchange is influence and relationship development”, Harris said. “The U.S. Air Force Academy offers that in abundance.”

Col. Thomas Drohan, the Military and Strategic Studies Department head, said human relationships foster strategic ones, and that relationships on both levels are based on the “common values of freedom, justice and human dignity”.

“No doubt it (the exchange program) will come back in the future at some time”, Drohan said. “I’m not an eternal optimist; I just know it.”

Drohan praised Harris for his role as an instructor and mentor and revealed that Harris received the department’s outstanding academic educator award for the 2012 academic year.

“To our knowledge, Harris is the last RAF exchange officer to the Air Force Academy, and all those connected with it, as one of the greatest experiences of my service career.”

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Ambassadors

From Page 1

Cadets interested in the program were asked to write an essay on cross-cultural competence and had to be in good military, academic and athletic standing. “The essays chosen by our panel were very compelling,” Vila said. “We purposely didn’t base the selection on grades. I had one of the cadet wing commanders tell me how happy he was to see that this program wasn’t based on GPA, because many programs here are.

The cadets are diverse. The group consists of males and females, sophomores and juniors, with different majors and ethnicities including: African-American, Native American and Asian-American. Some of the cadets have never traveled abroad and are first-generation students.

“I’m one of the few Native Americans at the Academy,” said Cadet 3rd Class Heather Drephal, who will travel to Spain and work for IBM. “I want to represent that as part of myself and also as a woman because both are minorities at the Academy.”

Vila came up with the idea for the program from her own personal experiences. Vila speaks five languages and has worked in five different sectors as a practicing lawyer, an executive with multi-nationals, an academic administrator, a professor and federal government official.

“In experiencing both different organizational cultures, as well as traveling abroad, getting my education in France, Switzerland, Mexico and Holland and working at the US Departments of State and Commerce on foreign policy, international economic policy and subsequently throughout the world for two multinationals, I wanted our cadets to experience something similar,” Vila said. Corporate representatives from each company attended lunch, class and dinner with cadets on Tuesday to interact one-on-one, with cadets, friends and firms who hosted the event, and translate the culture of their organization.

“We came here to provide this great opportunity for cadets and I’m really looking forward to hearing from them and about their experiences,” said Sandra Hall from IBM. “To have an opportunity where they can truly focus on learning and immersion opposed to I have this military job to do, or I’m in battle, I think it’ll be a different experience and they’ll have a better opportunity to embrace the culture, learn more about themselves and make better leaders.”

Kenneth Nilsson from Chindex said his company supported the program because it’s important for those who defend the country to have a deep international and intercultural understanding.

“The men and women who are charged with our security, having that background of diversity is as important as new weapons development,” Nilsson said.

Company representatives attended a seminar on cultural competencies by Dr. Richard Griffith, director of the Institute for Cross Cultural Management at the Florida Institute of Technology, and both cadets and representatives attended a seminar on cultural adaptability by Dr. Nayantara Ghosh, management consultant, lecturer and founder of Ghosh International.

“There’s one brand of leadership at the Academy, but that’s not the way it works in the entire world,” Griffith said. “Cadets are going to see people that they won’t perceive as leaders but in fact, is exactly what the person in that culture should be doing. If the lessons stick, they’re going to realize that there isn’t one right way to do things and when you’re in different cultures, you can adapt your behavior to be more effective.”

If the pilot goes well, the program will expand and allow more cadets and companies to become involved. The hope is for cadets to become ambassadors for their squadrons and help develop an organizational culture that is inclusive and values all cadets, faculty and staff.

“The Cadet Wing constantly has a drive to improve but we’re only here for four years and we spend most of our time at the Academy, so we don’t see anything else to base that improvement on,” said Cadet 3rd Class Christian Brechbuhl, who will travel to Guam and work for Sodexo. “The biggest benefit for the Academy will be that we can bring back what we’ve learned to our peers. We will benefit the Air Force by being a lieutenant with international cultural exposure and insight on how to be a corporate leader.”

Vila said being able to measure progress on the non-cultural competencies is important to the design of the program.

“We are lucky to be partnering with the Management Institute.” Griffith added.

“We will do some measurement before the cadets leave the country, while they’re there and when they return so we can start to track some of their attitudes, behaviors and general attitudes about diversity and see if the program has the effect that we want.”

Vila said her goal is to double the amount of companies and cadets for next year.

“It’s a broadly thought out program, and I’m hoping to create more interest so we can do more,” Vila said. “It’s very important for us to measure cadets’ experience, because although it’s only four weeks, I believe the experience will prove transformational.”
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Cadets shine in cyber competition

By Gino Mattarano
Academy Spirit editor

Cadet cyber warriors swept the virtual floor with the competition in the 12th annual Cyber Defense Exercise here April 16-20.

The Cyber Defense Exercise is a network security competition where service academy cadets and Defense Department post-graduate students manage and defend computer networks and maintain services against simulated intrusions by the National Security Agency’s red cell aggressor team.

During the competition, NSA network specialists and military network experts formed the red cell team that challenged cadet blue cell teams to defend a closed-computer network that they designed, built, and configured at their respective academies. NSA graded each team’s ability to maintain network services while dealing with security intrusions.

The exercise took place at the NSA’s Fort Meade, Md., headquarters and at each of the academies on virtual, private networks, providing a safe path for the exercise while preventing interference with real-world networks.

Academy cadets put a great deal of work into preparation for the competition.

“It was quite a marathon,” said Cadet 1st Class Jordan Keefer of Cadet Squadron 37. “For most of us this is a hobby, so it was a lot of work, but it’s what we like to do.”

But the cadet team didn’t have time to celebrate their victory before they hopped on a plane to participate in the National Collegiate Cyber Defense Competition in San Antonio April 20 through Sunday. Their tenacity earned them second place in the competition, finishing behind the University of Washington, who won for the second straight year.

“By the time we started the second competition, the challenge wasn’t the computers,” Keefer said. “It was maintaining our motivation, but I feel like we did that.”

Dr. Martin Carlisle, the cyber competition team coach was extremely proud of his team’s efforts in both competitions.

“One thing that we’re particularly proud of, is these cadets are a very new team,” he said. “We’ve only been a team formally for one year now, and they’ve gone from nothing to not only beating all the other service academies, but also the graduate schools. And then, totally fatigued from that, we didn’t have time to prepare for that competition, we had put down such a broad base of experience for the cyber defense exercise that we were ready for the second competition.”

The cadets take the lessons they learn from the competition and use it to improve their cyber skills.

“Every competition we go to we learn some new trick or something new to watch for,” Hart said. “You have to constantly be able to adapt, because the playing field is constantly changing.”

The cadets will take the skills they develop in the cyber program to their careers in the Air Force.

“When I first got to the Academy, I wanted to fly,” Keefer said. “But then I took the basic cyber course and attended my first competition, and I’ve been hooked ever since. There are so many challenges in the cyber field.”

Carlisle expressed his pride in the cadets’ accomplishments and his belief in the merits of the program.

“Of the exciting things about the cyber team is that their efforts will matter in the defense of the nation,” he said. “These people are learning skills that are going to be essential to the defense of the nation.”

The Academy team competed for the trophy and bragging rights against competitors from the U.S. Naval Academy, U.S. Coast Guard Academy, U.S. Military Academy. Teams from the Royal Military College of Canada and Air Force Institute of Technology also competed, but weren’t eligible for the trophy.

Left to right: Cadet 1st Class Kate Lyons of Cadet Squadron 21, Cadet 1st Class Mike Cousins of CS 01, and Cadet 1st Class Geoff Pamerseau, of CS 20, participate in the Cyber Defense Exercise April 17.
Service held to honor memory of cadet killed in car crash

By Amber Baillie
Academy Spirit staff writer

The Academy held a memorial service on April 20 at the Cadet Chapel for Cadet 3rd Class Peter T. Quick, who was killed in a motor vehicle accident April 7 in Clifton, Colo.

Friends and family gathered to honor Quick’s legacy and celebrate his positive character.

“I knew Peter as a funny, quirky kid who always had a smile on his face,” said Major Sharon Nickelberry, air officer commanding for Cadet Squadron 10. “He brought joy and laughter to the group and was always doing something to make them laugh.”

Quick was assigned to CS 16 his freshman year and CS 10, known as “Tiger Ten,” his sophomore year.

“Those of us in Tiger Ten only had a short time to get to know Peter, but for those of us who did, we will never forget the impact that he made on each of our lives,” Nickelberry said. “He will forever be remembered for his golden heart, his trustworthiness and his infectious smile. We will never forget you Pete. Once a Tiger, always a Tiger.”

Quick was involved in the Academy show choir, intramural rugby, boxing and bicker ball.

“He was on the honor list every semester and held a 3.39 GPA,” Nickelberry. “He did very well here.”

Quick’s best friend and cousin Trey Vernon said Quick accomplished every opportunity that came to him.

“He pushed me to be a better person and held the standards high,” Vernon said. “He knew every little detail about my life including the good, the bad and the ugly depths of who I am, yet still loved me and looked up to me. Now I look up to him.”

The Academy show choir performed “Tears in Heaven” by Eric Clapton and “You Raise Me Up” by Josh Groban.

Friends said Quick exuded a genuine spirit and always carried a smile on his face.

“Peter would often tell me, ‘My friends call me Walmart because I’m cheap and always smiling,’” Vernon said.

Quick enlisted in SPIRE and participated in the Mill at New Life Church.

“I pray that you find peace and comfort knowing that Peter is waiting for us in Heaven, and as he would say, ‘Hasta la pasta,’” Vernon said.

Quick was from Friendship, Tenn. He is survived by his mother, Cassandra Hayley; his sister, Leslie Quick; his brother, Joshua Quick; his grandmother, Frances Jerrilyn Quick; and his aunt, Margo Vernon.

George Rogers, a friend of Quick, also spoke during the service.

“Peter had a bigger heart than anyone I have ever met,” Rogers said. “He never met a stranger.”

“The impact that Peter left had a profound effect on all of us,” Rogers said.

The service concluded with the singing of the Air Force Academy alma mater.

Cadet 3rd Class Peter T. Quick

ABOVE: Cadets console one another during the memorial service for Cadet 3rd Class Peter Quick April 20.

LEFT: Cadet 3rd Class Brian Andre of Cadet Squadron 10, speaks during the memorial service April 20.

Photos by Sarah Chambers
Academy superintendent visits Coast Guard Academy

RIGHT: Academy Superintendent Lt. Gen. Mike Gould greets Coast Guard cadets during his visit to the Coast Guard Academy April 18.

BOTTOM: Gould returns a salute as the U.S. Coast Guard Academy corps of cadets march by during a regimental review in honor of the federal service academy superintendents at the Coast Guard Academy in New London, Conn., April 18. Regimental reviews are part of military traditions and ceremonies, which serve to develop poise, confidence, speaking skills, teamwork and leadership.

Cadets brief Colorado officials on plan to diminish illiteracy

Two cadets made a presentation on early literacy to Colorado Lt. Governor Joe Garcia at the Capitol April 20, after their ideas received top honors at the Colorado Leadership Alliance summit in January.

Before Cadets 2nd Class Alex Williams and Anthony Sullivan presented to Garcia, he spoke to the teams about the causes of third grade illiteracy and importance of diminishing it, particularly among those in under-represented populations and lower socio-economic groups in Colorado.

Williams and Sullivan, who are both assigned to Cadet Squadron 31, presented with their teams at the summit in January, on ways to generate a campaign to end illiteracy. They suggested the use of social media, recruitment of college students and advertising to generate interest and awareness on the subject.

The teams were comprised of student leaders from nine different Front Range colleges who developed presentations that addressed the issue.

“The purpose of CLA is for the networking and development of Colorado’s future leaders from Colorado’s front range colleges and universities,” Lt. Col. Joel Witzel said.

Each team consisted of four to eight student leaders and cadets were on two of the four teams selected as the best presentations.

“The cadets’ presentations were polished, and they each largely led and created their presentations,” Witzel said. “Teams took the time to collaborate and practice their presentations throughout the week and on the day of the presentation.”
The magic of science

Air Force Academy chemistry instructor makes learning fun

By Don Branum
Academy Spirit staff writer

The first thing you might notice about Dr. Ron Furstenau is his apparel: his tie contains carbon, nitrogen, neon, even ununseptium. American flag, Air Force, smiley face and periodic table pins grace the lapels of his lab coat, along with a three-eyed fish on one of his coat pockets.

The second thing -- and this you will definitely notice -- is his enthusiasm, whether he’s walking you through the chemistry labs or getting you to break a flower with a clap of your hands. Furstenau performs dozens of chemistry magic shows each year, but there’s no sign that his energetic manner will ever undergo radioactive decay.

Furstenau grew up in Norfolk, Neb. He first became interested in science during grade school.

“Even as a little kid, I liked to try to understand why things work the way they do,” he said. “I don’t think I knew it was science at the time; I just knew it was fun.”

He first started its chemistry magic show in the early ‘60s, Furstenau explained. The Chemistry Department first started its chemistry magic shows in the early ‘60s, Furstenau said.

“It was my first science class in ninth grade,” he recalled. “It was physical science, but mostly chemistry. Once I got into it in high school, I really liked it.”

Furstenau said. Aeronautics Department instructor Dr. Billy Crisler, who directs the Science, Technology, Engineering and Mathematics Research Center here, is reaching out to the Pueblo area to generate interest.

One magic show in particular sticks out in Furstenau’s mind more than any other. It was one that he performed about a year ago for a child who was in the Cadet for a Day program and her family.

“She was recovering from cancer,” said Furstenau, who survived prostate cancer in 2007. “There was something about the interaction with her and her family. I don’t know exactly what it was, but it’s something I’ll remember for the rest of my life.”

Furstenau performed a show Saturday for around 100 people at the Garden of the Gods Visitor and Nature Center, as part of the park’s observance of Earth Day. Children enthusiastically raised their hands every time he called for volunteers.

Those who were picked got to mix potions of all sorts, including one that switched from blue to gold seemingly in response to cheering from the audience.

Furstenau didn’t overwhelm his audience with details. The kids didn’t care that it was a Briggs-Rauscher oscillating reaction or that it involved malonic acid, hydrogen peroxide and iodine. They knew it was cool.

As they watched the beaker’s liquid cycle through blue, gold and clear states, Furstenau explained the basics: the reaction that turned the solution gold also provided the ingredients needed to turn the solution blue and vice versa.

The Chemistry Department instructors have performed shows across the state of Colorado, mainly in the Pikes Peak region and the Denver area, he said.

“Won’t you go to whoever happens to ask,” he added. “As a department, we look at getting them interested in science as well as maybe getting them interested in attending the Air Force Academy.”

At the moment, not many people from Pueblo have made requests, Furstenau said. Aeronautics Department instructor Dr. Billy Crisler, who directs the Science, Technology, Engineering and Mathematics Research Center here, is reaching out to the Pueblo area to generate interest.

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The STEM Research Center also offers programs for Girl Scouts, including the well-known Bungee Barbie experiments, and programs to give middle- and high-school teachers hands-on access to the Academy’s laboratories. Within those laboratories sit instruments that can measure chemical compounds in almost any way imaginable, from using radio waves and powerful magnetic fields to change the rotation of an atomic radius to using x-rays to shear electrons from an atom’s outer layers.

“Science is really fun!” Furstenau said. “At some point, someone tells kids science is hard, and that’s just not true. Yes, science is work, and it involves a lot of math, but it should always be fun.”

His love of chemistry shines in his work, said Col. Mike Van Valkenburg, the Chemistry Department head.

“I’ve known Dr. Furstenau since 1991 when I was first assigned here to the department as a captain,” Van Valkenburg said. “I’ve been very fortunate to observe, learn and work alongside this very brilliant educator. He communicates understanding and the ‘why’ of chemistry superbly to any group of captured listeners. He is no doubt one of the best chemistry educators in the country who can motivate anyone to be interested in the subject and material.

‘Falcon Green’ - Academy supports the environment

The Air Force Academy celebrates Earth Day through out the year. Below is a snapshot of programs the Academy sustains to help the environment.

- Officials with the 10th Civil Engineer Squadron celebrated Arbor Day at Douglas Valley Elementary School April 19.
- The base collected more than 6 tons of electronics for recycling between November 2011 and January 2012.
- Cadet 2nd Class JillWayne Tanner directed RecycleMania 2012, which helps recycle materials that might otherwise enter landfills. The 2012 program recycled 706 pounds of paper, 3,800 pounds of cardboard and 823 pounds of aluminum in seven weeks.
- The 10th CES provided a tour of the Academy’s 18-acre solar array to a Girl Scout troop to help them earn their green energy badge as well as a tour for students at Eagleview Middle School.
“I wanted to earn it. I did not want to be given a waiver or an exception because I was a football player. I wanted to be evaluated and accepted in every area and get in on my own merit; it meant more to me than that,” said Garland. During his successful career at the Academy, he majored in systems engineering management and became well known for his on-field intensity and relentless pursuit of the big hit, several pro teams showed interest in sign- ing him after graduation.

A fellow Academy football player, 1st Lt. Tyler Weeks, said, “Ben is a relentless, physical, and dominating football player who gives 100 percent effort on every play with a motor that never stops running.”

Weeks, a former offensive lineman, now serves as the Air Mobility Command’s Fiscal Management and Comptroller executive officer.

Though Garland had been preparing to become a pilot, when the opportunity came to play for the Denver Broncos, he made “the tough call.”

“Ben's athleticism and sheer work ethic stand out the most. Some players rely on athleticism alone to be ‘good’ players. Ben has become a ‘great’ player because he dedicates every fiber of himself to becoming a better athlete every day,” said Garland.

Garland said he’s not bothered by football stereotypes because he knows what it takes to play at that level where the intricacies of the game are complex and the intellectual knowledge requires due diligence with studying the tactics and techniques of the game.

Everyone who plays — even at the college level — is continually analyzing and thinking multiple steps ahead of what they're going to do and how it will affect the game. To understand the schemes and understand what goes into the full game, you have to be intelligent,” he said.

When he wasn't leading PAs 27-person shop through mobility exercises, crisis response situations or media events, he traded in his uniform for PT gear to put in another five hours during training. You don't want to be in that gap,” said Garland.

“Each day he combined stretching and mobility exercises with strength conditioning, weightlifting and speed work. Garland could be seen at the gym adding weight after weight to each machine at times surpassing over a half ton.

“I do a lot of precautionary and pre-injury work and use cold and hot tub contrast to help prevent injuries during training. You don't want to hurt yourself before you even get to go play.’”

With what remained of his spare time on the weekends, Garland read books on defense and studied the game—always looking for ways to improve. Those who know him know that there's little doubt that he will reach all of his goals, to which Garland says he gives credit to the Air Force.

“The Air Force has influenced me on the football field in every aspect from work ethic to teaching me how to work as a team to just being disciplined,” said Garland. “In the Air Force it's 'Excellence In All We Do.'”

Now that he is approved for separation as of May 26, he plans to finish using his leave status to keep attend- ing the camp while working with his leadership on the separation details. He plans to finish his service com- mitment in the Guard, but details are still being worked out.

Until then, his office — who claim No. 1 fan status, besides his mom of course — and indulge AFB are staying tuned in to the Broncos website to catch glimpses of Garland at camp and to cheer him on through- out the tryouts.

“I work hard and served the best that I could,” said Garland. “I dedicated myself to serving my country... and now it’s time to play some football!”
DF-BLAN clinches fourth straight intramural volleyball crown

By Dave Castillo
Intramural sports director

The Biology, Law, Astronautics and Aeronautics Departments combined their talents to win their fourth straight intramural volleyball championship defeating the Foreign Languages Department 25-21 and 25-18 at the Fitness Center April 18.

Not only is this their fourth straight championship, DF-BLAN hasn’t lost a single match during that time frame. Their four-year record is 66-0 in the regular season play and 12-0 in the post-season. The team has had many and player changes in the four years, but three players were at the core of the team’s success for all four years: Gary Yale, Paul Pirog and Tim Filzen.

DFF served first, and the initial point went to DFF. Pirog’s serves and team play had DF-BLAN up by four. DF-BLAN maintained the four-point lead throughout most of the match and led 10-6, 17-11, 22-17. On game-point, Filzen, a former Texas A&M star volleyball player, made a perfect set and Odaro Huckstep drilled the ball to the floor. DFF hit the ball into the net on game point, and DF-BLAN was up one game.

In the second match, DFF held the lead for more than half the game, thanks to DF-BLAN’s Kelly Kafayan and Dave Boyd perfect set to Jimmy Harper, who put away the kill shots. When DF-BLAN tightened the score at 13-12 DFF called time out. DF-BLAN’s Tim Filzen hit a kill shot off a nice assist from Paul Pirog to put them up 14-13. DFF’s last lead of the game was at 16-15, but DF-BLAN came roaring back. Four kill shots in a row, including three from Tim Filzen, put DF-BLAN out front for good, and they never looked back. DFF hit Filzen’s match-point serve into the net to secure DF-BLAN’s fourth championship.

Filzen said that when his team was down 1-12 at the first time out, “We knew we had them. They were not making the good sets for their kill shots. We blocked a few of their team spikes and they started losing a little confidence.”

The DFF team was graceful in their defeat.

“When they serve, and set the right people they are very difficult to stop,” said DFF’s Coach Kelly Kafayan. “They went on a 13-5 run to finish the game. That is a mark of a strong team. We can only hope for next year.”

While the rest of the intramural volleyball league teams will regroup and get ready for next year, DF-BLAN is just glad to know they kept their streak alive.

“The team was very pleased to keep the streak of victories intact,” Yale said. “We all know that it will come to an end someday, but until that day arrives, we’re enjoying the ride. We lost two very strong players after last season, but had the good fortune to get new talent this year. Beyond hitters and setters, there’s no substitute for ball control. The other ingredient critical to our success has been team chemistry. I truly believe that each person’s individual game was elevated because of the players around them. It’s the classic situation of the whole being greater than the sum of the parts.”
Falcons blank CC, 7-0

The Air Force men’s tennis won its regular-season final Sunday, defeating Colorado College 7-0 at the Academy. The Falcons finished the regular season with an 11-12 record, the most wins in one season since 2007. The Tigers, meanwhile, fell to 8-9.

Air Force jumped out to a 1-0 lead with wins at all three doubles spots. Junior Lance Wilhelm and freshman Grant Taylor won their 13th match this season at the No. 1 spot with an 8-4 victory over Nate Burt and Lionel Zen-Ruffinen. Sophomore Steven Young and Alex Lineberry won the No. 2 match, 9-7, over Jack Burger and Will Lindsay, while senior Michael Tope, playing his final match at the Academy, and sophomore Alex Grubbs downed Robert Kasemodel and Zach White, 8-5, at No. 3. With his victory at No. 3, Tope posted the first dual match win of his career.

The Falcons cruised through singles play as well, winning all six matches in straight sets. Wilhelm improved to 15-8 at the top spot with a 6-1, 6-0 victory over Burt, while Grubbs blanked Lindsay, 6-0, 6-0 at No. 2. Grubbs posted his 29th combined dual match victory this year, the most by any Air Force player since Shannon Buck won 32 in 2006. Wilhelm, meanwhile, has 28 combined wins this season.

“Arms to first career dual match for ‘perfect day’

Senior Mike Tope, above, posted his first collegiate dual match win with sophomore Alex Grubbs in the No. 3 doubles Sunday over CC’s Robert Kasemodel and Zach White.

Falcons fall to Wyoming 5-2 in regular season finale

The Air Force women’s tennis team closed out the regular season Saturday with a 5-2 loss at home to 60th-ranked Wyoming.

With the victory, Wyoming improved to 13-7 overall and 3-4 in league play. The Falcons fell to 17-7 overall and 3-4 in league play.

“This was a bitter sweet end to a long regular season,” said Air Force head coach Kim Gidley. “Obviously we were disappointed we lost to Wyoming in the last match before the conference tournament — but we have to look at all the positives the team has accomplished this season — individually and as a team. The attitude, effort and fight of this team is something very special and the coaching staff is very proud of them.”

The Falcons, whose fifth-place finish in the Mountain West is the best conference finish since moving to Division I in 1996, will open play at the Mountain West Tennis Championships in San Diego, Thursday.

“Seem to have an amazing opportunity next week at the conference tournament to play a team in the first round that we lost to today,” said Gidley. “We are a good team and the match was tight and we get an opportunity to go right back at them next week — what an amazing opportunity.”

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### Around Academy

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The Academy Optometry clinic is open to all Tricare Prime and Tricare for Life beneficiaries. No referral is needed to make an appointment for a routine eye exam. Services include Diabetic Eye Exams, “Red Eye” Evaluation and Cataract Evaluation.

For routine eye appointments, please call 524-CARE. For urgent care eye appointments please call 333-5144.

### After-hours dental care
The Air Force Academy Dental Clinic allows cadets or Active Duty at the Academy or Peterson to contact their clinic after duty hours for dental emergencies. If you are active duty and a dental emergency occurs while you’re away from your duty station, whether you’re TDY or on leave, you may seek treatment from a civilian dentist. Although you may seek treatment from any civilian dentist for dental emergency care, it is recommended that you use a United Concordia network dentist.

To reach a dentist after hours for an emergency call 337-262-4410. To find a dentist call the Active Duty Dental Program help line 1-866-984-ADDP (2377) or visit www.addp-ucci.com.

### Library expands selection
The Community Center Library has created a new collection of existing materials in addition to Exceptional Family Member Program items on a variety of subjects, including developing countries. The library is currently on the Air Force chief of staff’s reading list.

Other subjects include autism, Tourette’s syndrome, hearing and visual impairment, physical and mental disabilities and issues for both professionals and family members. Materials will be available for check-out options, and book lists will be on hand.

For more information, contact the library at 333-4665.

### MyWingman app for Android
The 10th Mission Support Group’s “MyWingman” app has phone numbers for emergency responders, first sergeants, sexual assault prevention and response and links to social media pages.

To download the app, navigate to the Android Market and search for “MyWingman.” An iPhone version of the app will be available soon.

### Walk 4 Life
The Fitness Center now offers “Walk 4 Life,” a low-impact exercise program designed to improve cardiovascular endurance, flexibility and strength.

The walking sessions are approximately one hour, starting at the Fitness Center. Days and times vary. To register or for more information visit or call the Health and Wellness Center at 333-3733.

### Got an IDEA?
The Innovative Development through Employee Awareness, or IDEA, Program is designed to recognize and reward individuals whose suggestions improve the efficiency, economy, and effectiveness of Air Force, Department of Defense, and federal government operations.

Anyone can submit an idea, but only Air Force military members, Air Force federal civilian employ-ees and Air Force Academy cadets who are paid from appropriated funds are eligible for cash awards. Monetary awards can be as high as $10,000 for each approved idea that results in validated tangible savings, and $200 for approved ideas resulting in intangible benefits.

To submit an idea go to: https://ipds.randolph.af.mil/idea (Common Access Card login required) or contact the IDEA office at 333-4332.

### Volunteer Awards
The Academy community is invited to attend the annual Volunteer Recognition Awards Ceremony, from 3-4:30 p.m. Thursday at the Falcon Club honoring volunteers.

Light hors d’oeuvres will be served from 3-3:30 p.m. and the official ceremony will begin promptly at 3:30 p.m. The award categories are: Outstanding Academy Volunteer, Volunteer Excel-lence, President’s Service, and Key Spouse of the Year.

For more information or to confirm attendance, please call the Airman and Family Readiness Center, at 333-3444.

### CSURF
Cadets will demonstrate their research projects Saturday at the Colorado Springs Undergraduate Research Forum, hosted by Colorado College.

Prof. Shane Burns will provide the keynote address, focused on the history of scientific cosmology from the early 20th century to today.

For more information, visit the CSURF website at www.uccs.edu/csurf or contact Margie Oldham at 255-4552.

### New housing website
To help make the transition easier for Airmen and their families moving to their next duty station, the Air Force’s 7C7 Housing Division recently launched a new public website that provides housing information for Air Force installations worldwide.

The website, www.housing.af.mil, provides information on housing options and support services available at Air Force installations as well as details on the local communities, school district information, local weather and other useful resources that will help Airmen and their families become familiar with their new homes.

It also provides dorm information for unaccompanied Airmen.

The Academy’s housing office is located at 6556 West Columbine Drive and can be reached at 333-2247.

### Prescription drug take-back
The 10th Medical Group’s Community Center Pharmacy will partner with the Drug Enforcement Administration on the National Prescription Drug Take-Back Day, which will take place on Saturday from 10 a.m. to 2 p.m.

The pharmacy will accept unwanted, unused or expired prescriptions with no questions asked and will safely dispose of all prescription drugs received.

The DEA’s take-back events are part of the White House’s prescription drug abuse prevention strategy, titled “Epidemic: Responding to America’s Prescription Drug Abuse Crisis,” developed and promoted by the Office of National Drug Control Policy.

According to the 2010 National Survey on Drug Use and Health, more Americans abuse prescription drugs than the number using cocaine, hallucinogens, heroin and inhalants combined.

According to the Centers for Disease Control and Prevention, enough painkillers were prescribed in 2010 to medicate every American adult around the clock for a month.

Unused medications often languish in the home and are highly susceptible to diversion, misuse and abuse.

Studies show that the majority of teens who abuse prescription drugs obtain them from family and friends for free, including from the home medicine cabinet.

### Education fair
The Association of Graduates will host an education fair Saturday from 10 a.m. to 3 p.m. at Doolittle Hall, featuring representatives from local and online colleges as well as former Denver Bronco Karl Mecklenburg.

The event is free and open to the public.

Experts will be on-hand to discuss questions about veterans’ education assistance. Non-military attendees must enter via the North Gate.

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